

# Manitoba Soccer Association

Active Start Practice Plan  
U4-U5

*Grassroots Development*

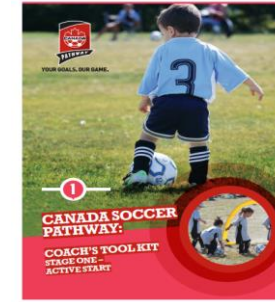




# Active Start

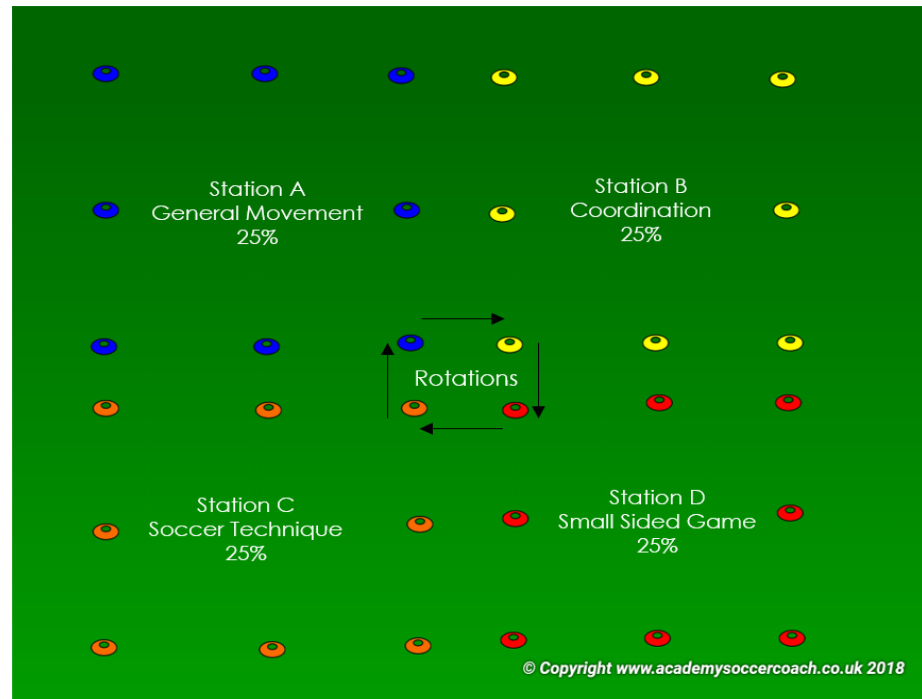
## Preferred Training Model

### How it works



Organization
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.
Procedure
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.
Progression
Be prepared to progress an activity/game based on the level of the group.
Conditions
Be prepared to add a condition that challenges the group.

Station Time	Area
6-8 Minutes	



Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual: Collective:	



# Active Start

## General Movement

### Animal Tag



#### Organization

Players have a pinnie tucked inside their shorts. Leave enough of the pinnie so that it can be grabbed. It will act like a tail of an animal.

#### Procedure

Players have to choose an animal that has a tail and act like them. Players then try to grab another players' tail by pulling it out and placing it on the ground. If a player loses their tail then they must perform a type of movement – ex. Jumping jacks, ladder climbs. Play 1 minute games.

#### Progression

Show players how to move and to protect their tail – ex. Shielding, turning, etc.

#### Conditions

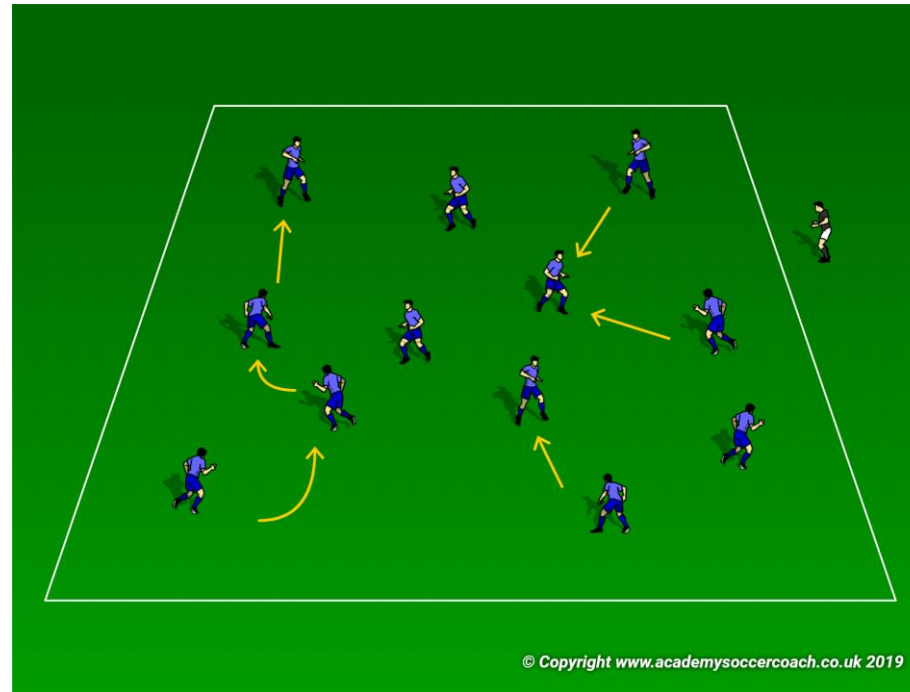
N/A

#### Station Time

6-8 Minutes

#### Area

20m x 20m



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#### Objective

Give players opportunity to lead, and make decisions in a fun, safe environment

#### Technical

Awareness  
Body movements  
Protecting the pinnie

#### Psychological

Confidence  
Problem Solving

#### Physical

Movement Skills  
Physical Fitness

#### Social

Peer Interaction

#### Outcome

**Individual:** Players try a variety of movements.  
**Collective:** All players are given leadership role.



# Active Start

## Coordination Game

### Feint to Beat the Player



Organization
All players have a ball and 2 colours of cones are scattered around the area.
Procedure
Players move with the ball and when they approach a cone: they stop the ball, perform a feint (like they are beating a player), and then move to a next one.
Progression
<p>Yellow cones = 2 feints</p> <p>Red cones = 1 feint</p> <p>Parents are introduced and are trying to take the ball from the players. Every parent they beat = 1 point.</p>
Conditions
N/A

Station Time	Area
8-10 Minutes	25m x 25m



Objective	
Awareness of other players Dribbling under pressure	
Technical	Psychological
Awareness Dribbling Running with the Ball Shooting	Confidence
Physical	Social
Change of Direction General Fitness	Peer Interaction
Outcome	
<p><b>Individual:</b> Players challenge each other with various forms of dribbling techniques and moves.</p> <p><b>Collective:</b> All players are given leadership role.</p>	



# Active Start

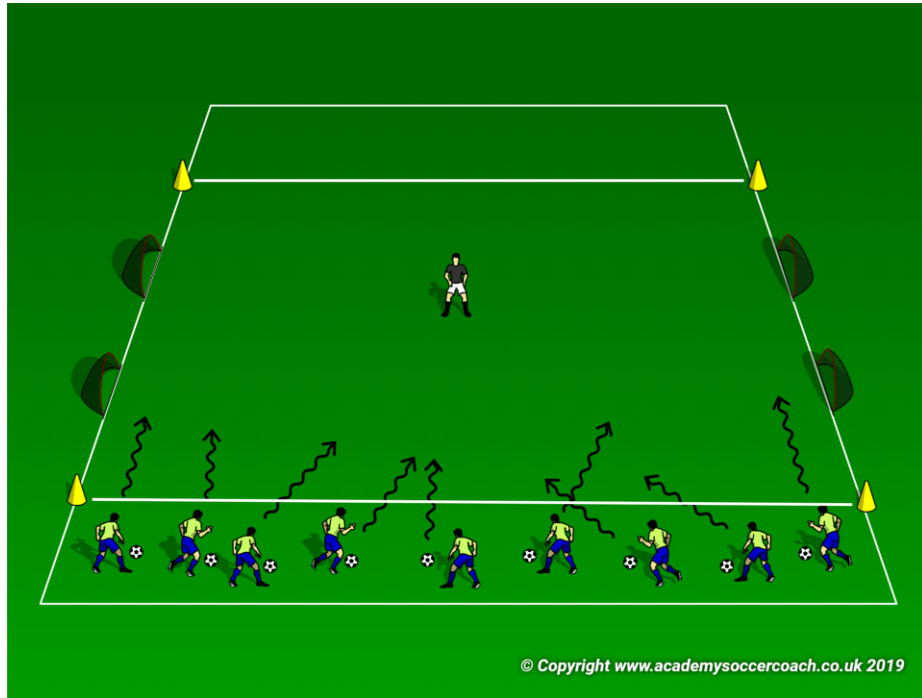
## Skill Activity

### British Bulldog



Organization
Every player has a ball and they line up on one side of the end-zones.
Procedure
When the coach calls "British Bulldog", players have to dribble to the other end without getting their ball kicked out of the area by the coach (Bulldog). If the ball leaves the area, then that player becomes a bulldog for the next round.
Progression
When the bulldog wins the ball then they must score in a net to make the player also a bulldog. Encourage the players to try and win the ball back if they lose it.
Conditions
N/A

Station Time	Area
6-8 Minutes	25m x 25m



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Objective	
Opportunity to use all parts of both their feet. Confidence to use skill moves.	
Technical	Psychological
Awareness Decision Making Dribbling	Confidence
Physical	Social
Change of Direction General Fitness	Peer Interaction Teamwork
Outcome	
<b>Individual:</b> Players try various dribbling techniques.	
<b>Collective:</b> Players are aware of other players.	



# Active Start

## Coordination Game

### Playground Soccer



Organization	Pair each player with a parent or teammate. 2v2, set up multiple games.
Procedure	Teams play 2v2, if ball goes out of play get the nearest ball and restart play.
Progression	N/A
Conditions	N/A

Station Time	Area
6-8 Minutes	3 x 15m x 25m



Objective		Players become more comfortable with the ball.	
Technical	Psychological	Awareness Decision Making	Confidence
Physical	Social	ABC,s Change of Direction General Fitness	Peer Interaction
Outcome			
<b>Individual:</b> Players become more comfortable with the ball.			
<b>Collective:</b> Players recognize support players.			